

The Merits of *Vajra Dance of Gesar Ling*
By His Holiness Jigme Phuntsok Rinpoche

The lyrics and melody of *Vajra Dance of Gesar Ling*, also referred to as *Ling Gesar Dance* or *Ling Dance*, was composed by The Omniscient Mipham Rinpoche. During Mipham Rinpoche's time, he prophesied that, Ling Dance, if propagated all over Tibet, shall eliminate famine, plague, and warfare from the Land of Snow, and further establish contributing circumstances for happiness to ensue in all regions of Tibet. However, Ling Dance never had its chance to pervade all regions of Tibet throughout Mipham Rinpoche's lifetime due to a general lack of conducive circumstances. Rajong Che Rinpoche and Nyangla Sogyal (Terton Lerab Lingpa) did make their efforts later in promoting this dance for the benefits of Tibetan people, however, due to people's lack of merits, the two masters weren't able to widely propagate the dance.

Subsequently, Dudjom Rinpoche who resided in India tried to promote the Ling Dance, but once again, failed in his attempt due to Tibetan people's lack of timely fortune. Nowadays, Ling Dance has been widely taught and practiced in various places. The nuns here in Larung Gar have fully memorized the lyrics while performing the dance according to the way it was taught, spreading peace, auspiciousness, and health to places where they performed and to all those who watched their performance. In the era of five degenerations, wherever Ling Dance is performed shall render both extraordinary spiritual and political reign, fortune and prosperity for people, and be free from the collective corruptions induced by the five degenerations. In the notation it states that, all male and female lay practitioners, listen carefully to King of Gesar Ling and his ministers with utter devotion! Give rise to your faith and know that Ling Dance can be practiced both recreationally and spiritually. It's crucial to understand that this extraordinary dance is endowed with such strong blessings enough to fill the entire Tibet with peace and perfection. Wherever Ling Dance is performed, there shall be no famine, plague, and warfare, rendering ever-increasing happiness and fortune. If you lay practitioners can perform Ling Dance regularly, you will bring vast prosperity and happiness not only to your hometown but also to the entire Tibet. As a beginner, it suffices to just do your steps while following along the melody without knowing the lyrics. As for the group formation, 16 dakas shall line up on the right side; they will be wearing head flower wreath in color white, signifying 16 types of joy. On the left side are 16 dakinis wearing head flower wreath in color red, signifying 16 types of emptiness. Dakas should attire in yellow or white. Dakinis should attire in purple or red. If this cannot be done, then a group of 8 representing 4 joys and 4 emptiness is an acceptable alternative.

There are several choreographies circulating out there, one of them was arranged by Dudjom Rinpoche, and another one by Penor Rinpoche. They both have their own unique arrangement. The one we adopt here is especially arranged by Larung Gar. Please pay close attention with reverence and devotion! Whether you are simply watching Ling Dance as a bystander or listening in on its meanings as an auditor, it shows that you are making a fortunate connection with it and it should dispel all of your ignorance and obscurations. Even if you practice the Eight Great Sadhana Teachings or recite Yamantaka mantra a hundred times to avert obstacles, it

wouldn't be as potent as performing or simply watching one round of Ling Dance with conviction. Knowing Ling Dance's inconceivable power of blessings, one should rejoice!

Translated by Dechen Khandro in San Jose on Losar of the year of water rabbit